

Bliss Bytes

From the discourses of
NITHYANANDA

Vol 1



*Discourses delivered to Swamis and Ananda Samajis of
the Nithyananda Order all over the world*

Bliss Bytes Vol. 1

Nithyananda



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Encapsulations from discourses of Nithyananda.

Take one a day and be in Bliss.

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1. We are Part of the Universal Hologram

We should learn to witness events around us.

Begin here, where we sit. Learn to sit without resistance. Be still, sit and be one with nature. Let us just say to ourselves, 'I will not resist nature. I am not going to resist cold or heat. I am not going to resist Existence. Let me relax.'

Our mind immediately questions if we can extend this experiment to extreme conditions. We want to know if we can apply this in snow and extreme heat. The mind always thinks of extremes.

We can do it, if we do it completely. Our problem is that we don't have totality in anything - the depth or clarity about anything. If we can fall totally in tune with nature, we can certainly be comfortable even in extreme conditions.

We are disturbed by natural elements only when we think we are different from them. We fear everything.

All our fears are only due to what the mind projects. If the mind decides to project something, it will project it and cause fear. If it decides not to focus on that particular thing, then that thing will not affect us in any way.

The air is full of life. But there are also all kinds of bacteria and viruses living in it. At any moment, a single virus or bacteria can cause disease in us. There is always a chance of contacting disease through the air that we breathe.

But when we are entirely in tune with nature, when we embrace nature to be our god and friend, the viruses or bacteria that enter inside will cause no harm. They will live in us, but will not affect us. We will not be disturbed.

The instant we think that we are an individual body, with a separate existence, the entire nature becomes our enemy and we will fall ill.

What we fail to see is that we are a part of everything that is a whole. When we fall in tune with the whole, we represent the whole. If we think, discriminate or resist the whole, the whole universe becomes an enemy.

Let us be very clear: the whole, the universe, is not here to kill us or destroy us.

The whole, the universe, Existence, is a hologram of which we are a part. It is like a giant puzzle. Every piece is important for a puzzle and every single part of the entirety of that hologram. Each one of us reflects that totality. This is the totality of the whole, the entirety of which is the universe.

We are a part of the whole. We cannot be otherwise. We should relate ourselves with the base of our existence.

2. Recreating a New Social Structure

Ideally, everyone on earth should be working towards enlightenment, if we are not already there.

There was a time when majority of the people on Earth were enlightened. About 70% of the population was enlightened! The remaining 30% was working towards it. This 30% of the population were sincere seekers, working towards their spiritual goals.

Such progress is difficult in modern society because it needs the support of a different kind of social structure. A society and a different kind of social structure were created and sustained by enlightened masters of the East. There were only two categories of people at that point in time: enlightened masters and seekers.

This system died long ago and is extinct today. The meditation programs I conduct, serve to fill this gap. These programs are made to create awareness and bring everyone into the seeker's path again.

People ask me why I conduct meditation programs throughout the world. It is not easy to conduct these programs. To replicate the same experience that I had, throughout the world, is certainly a challenge. The reason why I do this is to fill in the gap left by the decline of the great education system and the social structure.

Our meditation programs are intense, two or three-day programs. People are completely energized through meditation and they wonder about this and ask me, 'Swamiji, why are we not tired despite the long hours we have put in? We have been here for two days of Nithyananda Spurana Program (NSP). Yet, we don't feel tired at all.'

They also wonder how I am able to conduct camps continuously! There is no great thing in this. It is just energy expressing itself, that's all! Every week, for the last few years, I have been doing this. We have such programs every single weekend. Our calendar is filled until the next year and we are totally committed for each weekend.

I want to spread the benefits of the wonderful system established by ancient sages, the enlightened masters, to every seeker.

The existing education structure provides unique challenges to revive the ancient system. We can work without disrupting modern education, or disturbing the core link that every seeker has, with the collective consciousness.

So let us all work towards one goal ~ Enlightenment!

3. Do you Wish to be a Leader?

We are built upon our identities. We feel lost without them.

In truth, we are all, each one of us, a part of the collective consciousness that unifies the entire universe. Clutching to the individual identity compounds our problems. When we cling to the idea of being separate, we invite problems.

If we think we are physically separate from nature or the universe, we will attract disease.

In our mind, at the mental level, if we think that we are unconnected, then, we are sowing the seeds of violence. We turn selfish, dogmatic and violent. In other words, we become terrorists.

Unity happens when we work within the spirit of collective consciousness. When we work from the level of individual consciousness, we dissect. Logic always breaks things down whereas intuition always unites.

At the spiritual level, collective consciousness operates to unite. If we think we each are individuals, there is no room to grow. Spiritually, we cannot even take the first, baby steps.

Let us look at ourselves this way. At the physical level, we are not individuals. Our body and nature are much closer than we think is possible. For instance, the sun and our body are deeply inter-connected. A small change in the sun triggers a variation in our body. Similarly, any change in our body reflects upon the moon.

We are all connected by thoughts. A thought from somebody's mind comes and touches us. Similarly, a thought created in someone's mind travels to touch another mind. A thought sown by someone else, can touch us. Anyone's thought has power to affect us. Thoughts are like ripples on the waters of a lake.

If our ripples are strong, like a wave, we create a surge. We will be leading and inspiring others by our thoughts. If our thoughts are not from our depth, others' thought waves will impress upon us.

However, there is no need to fear that other people's thoughts will affect us. If we work towards deepening our connection with Existence, if we remain with supreme faith on our connection with Existence, nothing can ever touch us. Only a weak mind is vulnerable to negative thoughts.

So understand: we can be either a leader or a follower. We always think, 'I will not be a leader. I can't do that much. I will not be a follower either. I will maintain my own stance.' This is impractical. Either lead or follow. You cannot stay in-between. Whether you lead or follow, if your connection with Existence is strong, there will be only bliss in your life.

So let go of your identity and lead from the depth of your connection with Existence.

4. Happiness is Now

We want to be happy all the time. Our worries prevent us from being happy.

A small story:

Once, a New York investment banker went fishing in a remote mountain lodge. As he relaxed with his fishing rod in his hand and a pipe in his mouth, he saw a local old man settling down some distance away. The old man was reeling fish in at regular intervals and releasing them back into the river. The banker struggled to catch even a single fish.

The banker approached the old man and asked, 'What do you do for a living?'

The old man replied, 'Nothing. I fish and relax.'

The banker was incredulous.

'Do you know what you are missing in life? It is important to have a profession and status and work and live in the city.'

The old man asked, 'What are your plans for the future?'

'I will make lots of money, marry, and have children,' replied the banker.

'What comes after?' asked the old man.

'Oh! I will relax and spend all my time fishing,' said the banker.

The old man asked, 'Can't you see? That's what I'm doing now!'

We have a long laundry list of worries. Can we predict when we will be relaxed and joyful? It is difficult for us to guess when we are likely to be happy. On the other hand, it is very easy for us to say when we shall be worried, because it is almost all the time.

We worry when we have no money. We also worry when we have money. We worry if we have no children; we also worry when we have children. Wealth and children are quite often the cause of many

of our problems. Our worries multiply when our children emulate us.

Worry follows desires just as night follows day. Desires have no end. Worries are endless. Do these worries have a purpose? No. They are purposeless and meaningless.

Find happiness being in the present. Be conscious, completely aware of what is happening in the moment. Be happy with everything that you have. This is the greatest secret that you need to know. Even once if you taste happiness with everything that you have, you will never worry or never yearn for anything that others have.

Our worries keep us up and running. We run to stay in the same place! We forget to enjoy our life now and never get to enjoy life later either. Either we enjoy it here and now, or never.

5. To Love is to Go Beyond Yourself

Despite being successful, we are unhappy and restless. We feel unloved.

We experiment in our search for happiness. At first, we change or acquire new possessions. We buy cars annually, houses every alternate years, and what not. Still, we stay deeply unhappy.

We have all those things alright, but we continue to be unhappy. Worse, we don't understand *for what reason* we wanted all this. This question haunts us because we continue to be deeply unhappy. This is what we call 'depression of success.' I talk about this very often because this is the greatest disease in the rat race today.

In the Western world, there are limited ways out of this situation. One way out is becoming addicted to something; people take to drugs. Another way out is suicide; running away from life.

Addiction is not restricted to drugs or cigarettes or alcohol; it can be to food or any other craving. Men

pour and fill; women dump and fill. Men fill with liquor and women with food. This is a psychological craving which is never satisfied. Increasing consumption cannot satisfy the addict. It is feeding an endless cycle.

In the Eastern method, the only path for clarity in this situation is turning to spirituality; going inwards either through meditation or some other technique.

Meditation is the only intelligent way of living through depression or success. Listening, contemplating, and expressing great truths, are also forms of meditation.

Meditation helps us realize that we are more than our personality. We realize that we are individuals. It helps us answer who we are, rather than let society answer that for us.

The query, 'Who Am I' helps us go past our ego. Our mind will resist this. Our mind likes to build its own identity and hide behind labels such as wife, boss, son, friend, and teacher.

First we need to understand ourselves, to love ourselves. Only if we love ourselves, can we love others. When we love others, we become a part of an integral universe.

Without this realization, our love is only psychological slavery, a contract, a business deal. A business deal can take place between personalities. But it takes two *individuals* for any real relationship to happen. A relationship can bloom only between beings, never between personalities.

Love is the other name for this realization. The ecstasy that oozes out of the realization is love.

This is the easiest way to be in love. This love is bliss, ecstasy, or *Nithyananda*.

6. When you are Aware, your Mind Needs no Script!

Let us say, your friend left you a message on your answering machine, 'Hey, call me back immediately.' Wouldn't the suspense kill you?

Slow down. Watch your mind. Before you pick up the phone to return the call, how many thoughts rush into your mind? How many hypotheses, scenarios and theories, your mind creates in a minute? How many fears it brings up? How many expectations it builds?

Watch your mind with awareness. Catch the rush of thoughts, theories, events, and imaginations in the mind.

Why do you think this happens?

The truth is, no matter what the situation is, we create our own script. Our mind projects only what we want to hear or see. We want events to be projected only the way our mind wants them to be projected. We dare not present ourselves as we really are.

The rush of thoughts, the reactions, and the expectations, are all part of a script written by our mind. The mind continuously creates scripts, and when we are there in the play, we do not remember the script. Sometimes our mind changes the script instantly.

Even before going to a friend's house, we have a complete mental rehearsal. Our mind prepares us for what we should speak. It practices dialogues. We decide how to answer if a friend asks something: we choose how to evade questions, or answer them cleverly or smartly. Our mind is scheming about this meeting with our friend. All this happens seamlessly within us, so we won't even own up to the fact that it happens in us. We might even deny it. But it is the truth.

If we are scared about speaking to our friend, then imagine how much our mind will spin when we have to talk to our boss, manager, or colleagues.

The truth is, we are afraid to face our friend. We fear that we might express the truth and expose ourselves. We are afraid that every time we express truth, we

are expressing ourselves. By speaking the truth, we are exposing our true nature, our core, our being.

When we lie, we have a big problem on our hands because everything has to be carefully woven into the web of lies and a single truth can disrupt all our lies. We need to remember the whole thing we have said so far or plan to speak.

If you live with the truth, there will be no need for any more activity in the mind. You will relax and become spontaneous. You won't need a script anymore.

7. Moving from Identity to Aloneness

Watch a child at play. A child can admire or smell a flower or watch the insects crawl, or a bird fly, with tremendous curiosity. A child can play for hours without any human companion. He is completely self-absorbed and needs nothing external to keep himself happy.

It is only education and conditioning that rob him of this innocence and aloneness.

We all need to embrace aloneness and welcome it. However, we usually don't. Instead, we resist it.

Aloneness is the path to personal liberation. We equate aloneness to loneliness. The two are not the same.

We are afraid of being alone. We will party, shop, watch television or even read a boring book until our mind is tired and numb. But we will not take time to be alone with ourselves. We are scared to be alone with ourselves because we no longer know how to be alone with ourselves. We run away from the truth.

How do we regain this core of individuality that we seem to have lost during childhood? We are all individuals and unique beings. Our true nature is the core of our individuality.

This core of our individuality is known as *moksha*, *kaivalya*, or *nirvana*. In simple terms, these are names that refer to the ultimate liberation from worldly bondage. How can we reach this state? We reach it simply by enquiry or constant contemplation of ourselves.

We each need to sit alone and contemplate upon who we are and why we are here. This is not simply a mental exercise. It is not an empty intellectual exercise. It is a question we ask deep within ourselves. We need to ask our core, 'What am I; what am I here for? What will I be if all my labels are taken off me?'

The feeling that we experience during an honest contemplation should be completely expressed. Express that feeling even if it is painful. It is painful to realize that we are alone.

Try to experience that pain again and again. This pain will give birth to *you* as you were once born. The seed has to suffer the pain for the tree to grow. The seed has to rupture for the tree to be born.

Our identity has to die before aloneness is born. We then grow from ego to Self: from personality to individuality; from depression to expression; from loneliness to aloneness; from pain to bliss. When we welcome and enter loneliness without resisting, we achieve bliss – *Nithyananda!*

8. Truth of Collective Consciousness

Speaking the truth is extraordinarily dangerous. I must warn you that it is very dangerous.

If we speak the truth, we grow internally; however, our position in the outer world is at risk. When we speak the truth, we have a place amongst the enlightened people, the masters. But it creates problems with friends, relatives, bosses and colleagues. No one likes the truth; everyone feels threatened. Truth is hazardous.

Collective consciousness is one such truth. It is a great universal truth which we should test, because any truth would have to withstand the test of logical analysis. How do we test for pure gold? The proof that we have pure gold is to soak it in acid ~ the acid test.

In the same manner, if we wish to test for pure truth, we need to put it through an acid test of logical analysis.

Our logic will fail. Our logic will simply fall apart. When our logic fails or falls, we realize that what we have is the truth. Truth simply destroys our logic. Our logic will become tired. It will fall by itself.

The ultimate truth has to withstand all tests of logical analysis. The truth triumphs over all the logical acid tests we are able to subject it to.

One great certainty about collective consciousness will surprise us. It may be something we already know, but let us not analyze if this concept is new or old for us. Let us try to internalize as much as we can. Let us question it until our logic falls or fails.

I simply state the truth of collective consciousness as: our minds are not individually separated entities in this universe. They are all one: they are the same.

‘No man is an island’, said John Donne. We are all connected.

Our minds are all interlinked and directly affect each other. This is ‘collective consciousness’. Our thoughts are as infectious as our colds. Actually, as some people

may be resistant to colds, our thoughts are more infectious than our colds.

If we catch a cold from someone, we may suffer physically for a few days. But when we catch thoughts from people, we suffer mentally forever. Similarly, our thoughts affect people around us. Our thoughts affect not only those touched by them, but every living thing on our planet. This is the truth. Think about it.

9. Learn to be Joyful with Your own Self

Our mind dies when we are alone.

Mind, ego and personality are norms of society. They thrive only in relationship with society. In reality, our individuality is aloneness: that is our true nature.

Our personality has a social basis. The mind starves and struggles when we are alone. When we project our personality, we are setting ourselves up for loneliness.

Personality is an external covering. It is not natural. Personality is a title hosted by society; what others think about us, what we have learned, what comforts we have accumulated, are all part of our personality.

Personality thrives on attention. Personality makes no distinction between good or bad kinds of attention. For a personality to thrive, any kind of attention is sufficient. In all our social roles, we are constantly seeking attention. We act to seek attention. We lap up attention. We demand attention. We beg for attention.

However, sooner or later, there comes a time when we are alone. There will be no one to praise us or blame us. Then, our ego and our personality are shaken.

Then, we grasp that we are not the personality we project to the outside world. We realize that we are more than a spouse, much more than a doctor or a driver, and even more than a citizen of a nation. All these will seem to be just parts of our total being.

We feel alone and uncomfortable. So, we fill our life with parties, shopping, or television. Old people with married grandchildren, read matrimonial columns in newspapers! Entertainment is a way to run away from individuality. Why? Because, we are terrified of being alone. We do not know how to be with ourselves.

We believe we will be joyful at some point or other. By the time we are about forty years of age, we have everything we want. But we still don't understand *for what* reason we wanted them. We continue to be unhappy.

It is time: listen to the cry of individuality. It can be heard above the clamor of our personality; it is expressed as the pain of our loneliness.

Individuality is our natural state. We nurture our personality and ignore our individuality which is internal.

Listen to the joy, the deepest silence. In it are the seeds of enormous power to transform us.

10. Miracles Never Happen!

Cell phones seem to be a necessary part of our lives today. Everything we need to do, we can do, and we will do, is known to our cell phone! It has become a friend, an enemy and a lover.

Despite all this, does a cell phone count as a miracle? No! There are no miracles in life. Take for example, when objects are materialized, people say, 'miraculous!' I tell you: it is not a miracle. It is a method.

Teleportation is a tool, just like our cell phones. Sound waves move between cell phones enabling us to talk to each other. Similarly in teleportation, we switch energy and matter. When we teleport an object from a room, we do just that. We convert the matter into energy, teleport it, and reconvert that energy into matter. In fact, with techniques such as Kirlian photography, we can prove that it is neither a miracle, nor sleight of hand. It is pure science that our scientists do not understand yet.

We need no special intelligence to understand the cause and effect linkages, so we should begin to appreciate the mysteries of our universe.

But our mind clings to miracles. But unlike the cell phones, the novelty and excitement never wears off. If all cell phones in this world except two were destroyed, the two owners would become Gods, is it not? They will be celebrated as Gods!

When we do not understand the cause of something, we call it a miracle. Personal transformation is the ultimate miracle that we can get from a master. My disciple, a magician, used to produce *vibhuti*, sacred ash, from my feet. I told him, 'You are doing something I cannot do.' Yet, this was not a miracle.

The human mind has limited capacity. We seek to understand everything with crippled resources. The psychologists say our mind operates at only 10% of its capacity consciously. As a matter of fact, our conscious mind can only grasp about 2% of what our senses perceive.

We further reduce the capability of our puny mind by incessant inner chatter. The chatter is garbage arising from the past and future, neither of which have relevance to our existence.

When we ground ourselves in the present, we exist. We become transformed. And that is the real miracle.

Work towards personal transformation. That is the ultimate miracle wrought by the master.

11. Be in Tune with your Life

Awake! Become Aware! We are not living: we are half dead!

We never live totally, completely. We live in a half-hearted manner. We never do something or experience anything from the depth of our being. Our mind is always thinking of something else. Our mind will be everywhere else, doing everything else except being where we are at the moment.

We are bored because our mind wanders; our eyes have no glow. Let us look at our reflection in the mirror. What do we see? We see a dull, bored looking person staring back at us.

We are not in tune with our own life. We feel our life is very dull, and terribly dragging. Our life is no life!

A small story:

After a long dry sermon, a priest announced, 'Immediately after this benediction, there will be a parish board meeting in the next room.'

After the benediction, when the priest entered that room, he saw an old man sitting on a chair. The priest did not recognize this man. He did not seem to be a local person and the priest had never seen him in his parish. From his dress, like that of a Muslim, the priest was certain he was not a Catholic.

He went near him and quietly asked, 'The board meeting is going to be held here soon. Are you sure you are part of the board?'

The man replied, 'I don't know about your board meeting. I came here to see how many others were also *bored* like me after your sermon.'

The priest said *board* and he understood it as *bored*!

Wake up. Become aware. Don't spend your life doing things in an automatic mode.

Can we remember our actions today? We live like a man who is half asleep! We do things without involving ourselves fully or completely being aware of what we are doing. We ignore the present.

We brushed our teeth today. But do we recall the cold water touching our mouth? Do we remember the taste of the toothpaste in our mouth or the pressure of our toothbrush upon our gums? Do we remember how we felt after brushing?

We live with no awareness whatsoever. Become aware, deeply aware of every single thing that you do. This is the first step to becoming enlightened.

12. The Master is Beyond God

There are three types of people who come to a master. One type doubts if a master can be above their God, their favorite God, or their family God. The second type is willing to believe that a master is that favorite God. The third believes that the master is another human being. All of them are wrong.

A realized master is above and beyond God. He is the embodiment of the Self. He is pure Self. The Self which is true and shining, is greatest in the master.

In the everyday world, in our daily interactions, we have vilified God. When we talk about God, we talk about a concept. We visit temples, churches, mosques, or any other places of prayer, with faith—not with understanding. It is just business.

A small story:

Three businessmen took God as partner in their business venture. At the start of the business, they all agreed to share one fourth of their profits with God.

In the first year, their profit touched forty million dollars. Now, they did not want to share ten million dollars with God.

The first man said, 'What will God do with all this money? He has no children. We are his children. We should dig a pit, throw the money in the air. Everything that falls into that pit belongs to Him.'

The second partner disagreed. He said, 'I think we need a larger pit around the smaller pit. Everything that falls into the larger pit will be ours to keep.'

The third partner said, 'Nonsense! Let us make it simple. Just throw up the money. Whatever God wants, He can keep. What ever comes down will be ours. How can we offer the money that falls on the Earth and gets soiled, to God?'

All our prayers are business. Despite this, our prayers have energy and we feel the energy in our prayers. All our prayers, all our pilgrimages and rituals are techniques to awaken our latent individual internal energy.

Every task that we do has a lot of energy. Attention is energy. Talk is energy. Focus is energy. Turn inwards. Realize the Self which is the most powerful force in the universe, which resides in all of us.

If we experience that true Self, we are being and becoming God. When we experience this truth, the Self expands and engulfs the universe.

A master leads you to that state. A master is higher than God.

13. Don't Live in your Past; it is Dead!

People tell me, 'Swamiji, we cannot let go of our past.'

Clutching to our past is like living with the dead! The past is dead. It is gone. It is over and done with. The future is nothing but a promise, a potentiality, a seed waiting to sprout. The present is the only real moment, the real gift. That is why the moment is called: *present*.

God has given each moment of time to us as a present. It is a precious gift. Can we enjoy gifts if they are not open? Yet, we don't bother to open and enjoy the most precious gift bestowed upon us. It is a great pity that the gift of *now* lies neglected and unopened.

The meaning of this is very simple. You never live in the present moment. When you are at home, brushing your teeth, your mind is already at the office. If you are at work, you are planning what you can do next as soon as you go home. You are always in the past or in the future. You never really live in the present.

Try to live in the present moment. Try this experiment sincerely for just 24 hours. Try it with intensity and sincerity during all the waking hours of the day. Focus only on that 24 hours, and live in the present for only 24 hours. Do not take the oath that you will live in the present for the next one year. That will not happen. Take one oath; give it a trial run for the next 24 hours, until tomorrow evening. Then, you will be able to experience its effect.

How to do it? Consciously, choose to live in the present moment, no matter what you do. When you go to bed, sit and feel the bed. When you lie down, feel the comfort of the pillow. As soon as you wake up early in the morning from your bed, feel the carpet or the floor beneath your feet. When you bathe or brush your teeth, feel the water; feel, taste, and experience the toothpaste.

Start living using all your senses and being aware of your body for just one day. Only then you will understand and experience the gift of now. Being in the moment, living in the now, requires that we bring

awareness to our body and mind. We need to be in complete awareness of our body and mind for the first time in our life. The power of being in the now and here in the present moment will bring in some changes in you. You will experience the power and energy created in you.

Understand the power of 'now'. Experience the power of the miracle of being in the 'now'. Attend to the moment. This is the path to liberation.

14. Does Success bring Happiness?

When I ask people who they are, they tell me they are a doctor, spouse, or friend. These are labels given to you by society. 'Who are you,' is a deeper question beneath all these labels.

These labels serve well in the outside world. They mean nothing internally. Let us ask ourselves how can we succeed in the outer world. You will advise, 'It is hard, master. You should lead the pack with ideas, information, possessions.'

The master will ask you again, 'Are you happy with everything you have?'

You will reply, 'Master, there is no such thing as a happy state. We have to keep moving to be in the leading pack.'

This is the description of a rat race. There is one problem after winning a rat race: even if you win, you will still be a rat!

People are concerned that they have not yet reaped the benefits of success. Sometimes, failure is better than success, if you look at the other side of failure. With failure you still have hope that you can succeed; but if you are successful, you have nowhere to go.

You may have climbed up very fast, but the climb would have led you to no place in particular. In fact, you might be stuck in a place where it makes no sense to you at all. You are totally disconnected from your inner being.

This kind of success brings depression. 'Depression of success' is worse than 'depression of failure'. Sometimes, people ask me, 'What will meditation do to help me achieve what I want?' They want to know if it will give them what they want.

I tell them, 'Maybe not. Meditation may not give you the power to make your dreams reality, but will certainly give you the wisdom to know that your reality is only a dream. Let this be clear.'

Meditation creates a space for the inner being to flower. It creates peace amidst the chaos that rules your life. Meditation creates the space where you have neither answers nor questions. You will simply be aware. This awareness is precious. Where there is pure awareness, there is enlightenment, and this is true freedom.

Experience this inner being, inner intelligence, inner energy, that is beyond the labels. Once this energy is experienced and awakened, it will guide you through with intuition.

15. Let Morality come from Awareness

Resistance seems to be our second nature. We cultivate resistance to any and all rule and regulation.

Resistance is a complex path. It brings along violation and deep guilt.

There are no rules on Earth that can't be broken. Rules in our society were created for better co-ordination and harmony. Do not follow any rule blindly. Appreciate and understand a rule before you follow it.

A small story:

One night, a thief knocked on the door of a monastery located in a forest. He asked for shelter to spend the night. The head of the monastery who answered the knock, agreed to let the visitor to spend the night there.

The next morning, the guest thanked his host and took his permission to leave. The guest also confessed that

he was a thief and had burgled the King's palace the previous night.

The head was aghast and began to wail.

He lamented, 'What a great sin I have committed by allowing a thief to spend a night in my monastery! I gave him food too. What can I do to atone for my sin?'

He was surprised to hear a voice, weeping louder than him, from the sky. He asked who was speaking.

'I am God,' said the voice. 'You are upset and you weep because you have looked after him for one night. What about me? I have been looking after him everyday for all these years. I also have to look after many others like him. Who will I go to for redemption?'

Our concept of sin is imprinted upon us by society. It is a social concept. We need to develop a sense of morality that springs from the depth of our understanding of what is right and wrong.

We should use our awareness to sort the right from wrong. Let us not internalize or blindly follow rules and codes of morality. Only when we follow morality with personal understanding, will we begin to grow and develop.

Morality should be based on deep, personal understanding. Morality should not be based on greed and fear. If greed and fear are the basis for accepting or following any moral values, then the value is only skin deep.

Deep understanding removes resistance. It promotes peace and harmony within each one of us. It enables us to be in eternal bliss – *Nithyananda*.

16. Ask Carefully for it Shall be Given!

Let us make a list of our wishes. Go ahead and make a list right now. Put down every wish you can think of.

Now, make another list of things that you already have.

Compare the two lists. Which list makes you happy? Which list makes you feel uneasy? The answer is obvious. What you have will make you feel happy.

The list of what makes you happy is a powerful list. It rekindles your joy and happiness. There is also one powerful lesson in the list. It shows what you already have. Let us now ask ourselves why we can't focus on what we have. Why can't we offer gratitude to the universe for providing all that we have, instead of worrying, begging or asking for what we don't have?

It is our choice. We can decide to continue begging for more or be thankful for what we have. This choice is

important and this choice is the difference between happiness and sorrow.

In our life, as we lead it now, happiness lasts only for mere moments. Our happiness overflows soon after we acquire something. Once we acquire it, whatever we desired immediately becomes insignificant and obsolete, and the surge of happiness wanes.

Instead of enjoying what we have, we hopelessly drift, gathering acquisitions and possessions. This drift is fuelled by greed. Greed is a powerful force which never stops. Whatever we acquire does little to keep the greed at bay. More possessions don't bring or guarantee any enjoyment. In fact we get more greedy without any feeling of fulfillment.

A lot of things come our way. But do we have a recollection of having asked for them? Sometimes, what we get startles us. Because of our blind desires and greed, we land ourselves in a situation wherein we fail to recognize that we actually asked to be in it. We deny having wanted it in the first place!

That is why it is said, 'Be careful what you ask for, for it may come true.'

We keep comparing ourselves with others and keep asking for things. How can we be aware of our desire and greed? We need to first drop the attitude of comparing ourselves with others. When we compare, our mind is so entrapped in the process of comparison that it actually misses what it sees. We start seeing without observing. We start living without observing.

If we list the number of things in this world that we don't need, we will be amazed! More than 80% of the things in our house, we can simply throw out because we don't really need them! This awareness is enough to set us on our spiritual journey. It will slowly culminate in Bliss - *Nithyananda*.

17. Be in the Present; Become God!

Did you know that all our thoughts, actions and speech have a circuit?

Watch the thought circuit of how you plan. Why are you planning? *Why* do you want this? What is happening?

Most of our problems, worry, stress, or fear arise from our reactions. Just slow down. If you have a headache, just watch it without labeling it or thinking about the word 'pain'. Watch it as it is. Witness what is happening.

If you have any emotional problem, watch it as it is. Look at what is happening. If you have fear, just go deep into the fear and look. Be in the present. When you start living in the present, you will become a *presence*!

The master, because he lives in the present, becomes a presence. The moment you begin to live in the present,

you are no more a person. You become a presence. You become energy. You become God.

Our body creates a pain body. As long as you live in the past or in the future, you just drag along your pain body. You will be pushed from one place to another, from past to future, from this side of an argument to the other side. When you start living in the present, you have become a presence.

There is tremendous energy in being in the now and here. Your energy, your consciousness, your being's presence are like sun's rays. They just melt the ice around your heart and mind.

Place your awareness in the moment. You will experience miracles in your system; just miracles! Don't bother about anything else. Just for 24 hours, you should try to do this; just 24 hours; only until tomorrow evening. All your psychological pains, all your emotional pains, and all your physical pains ~ just watch them. Just watch them and don't do anything to suppress them. Don't do anything to avoid them. Just watch.

For the next 24 hours, just try this one thing—whenever you remember it, just start living in the moment. Whenever you remember, just bring your mind back to your body, to where you are. Live just with this body. Over the next 24 hours, you will see that many miracles can happen because of this mindfulness.

This simple act brings two profound changes. First, it produces energy like that of the sun. Second, it breaks down your mental circuits and creates a presence for you. It releases the enormous energy you have within you. Experience the presence completely. You are then God!

18. When we are Aware, our Energy Flows!

Two years after her marriage, a lady went to a lawyer and told him, 'Please arrange for my divorce.'

The lawyer said, 'Divorce? You must have some reason for it.'

The lady asked, 'What sort of reason? For example, he doesn't give you enough money?'

The lady said, 'Money? I give him money!'

The lawyer continued, 'Or, does he abuse you continuously and torture you?'

The lady replied, 'Torture me? No, I am the one who beats him.'

Then the lawyer asked, 'Is he faithful? What about being truthful? Is he truthful to you in love?'

The lady said, 'In love? Yes. Now, we have him. I have the perfect reason. He is not the father of our third child.'

If our purpose is to try to give reasons, then we focus only on our efforts to dig up reasons. We end up with twisted logic – like the lady in the story, and become involved in mudslinging or faultfinding.

When we do not live a real life, we will be only living with the reasons. Our mind and life will not co-ordinate. And if we don't live truthfully, we create a new energy field around us called 'pain body'.

In our real life, we are busy living in the past, or the future. We are presently not available to our bodies. When we are not present, the energy flow inside our system can't happen totally and properly.

Blood flow has nothing to do with energy flow. Energy flow is far deeper. It is like this: if our presence is there, the energy flow will be there. If our presence is not there, then the energy flow will not be there.

If the energy flow is perfect, our intelligence will be perfect. We will be spontaneous. We will have the ability to respond spontaneously to situations.

The energy flow creates tremendous awareness and spontaneity. Whenever we live outside our body continuously, some portion of our body does not get enough attention. So it just begs us saying, 'I am not attended. Please attend to me.' That begging expresses as pain. When we give our attention, we will see that the pain simply disappears. We suffer from all kinds of pain ~ physical, emotional, and psychological ~ due to inattentiveness.

Discover how to build attention. Learn to create awareness. When we create awareness, we create presence that replaces the pain. Awareness transforms everything. Just become aware and harvest the marvelous rewards of energy.

19. Consciousness Vs. Conscience

From our childhood, we have been told to act out of our conscience. These were just social rules that were laid down by society for some justice and peace to prevail in society. But it is very important to understand the difference between conscience and consciousness.

A man who has real consciousness, can't hurt others or kill others because he feels others as an extension of himself. A person with conscience may not kill with a knife, but he will kill with words because his being will be violent. With conscience, we may be socially non-violent, but with consciousness, our being will be non-violent.

According to me, morality should be based on consciousness, not on conscience. When this happens, there will be no need for rules. Because our love for ourselves and society (which is only an extension of ourselves) will be so great that we will never think of disturbing or harming anybody.

A serial killer has no consciousness, which is why he does what he does. The fact that he does not abide by societal rules, what religion and moral studies would term as conscience, is only a secondary issue arising out of the first. If he had consciousness of his existence, he would be aware that he is the same as every other being and would not harm another being.

Conscience is a poor substitute for consciousness. In the meditation program called NSP (Nithyananda Spurana Program), I help people to experience at least one glimpse of consciousness, so they can start living with consciousness instead of conscience. Anything based on conscience is skin deep; it is not eternal, but anything based on consciousness is eternal. We should work for conscious experience. Just because we don't have conscious experience, we should not compromise with conscience. Our morality, understanding, lifestyle everything should be based on consciousness. When it is based on conscience, it is based on fear and greed.

If the idea that we should not speed on the highway is based on fear, when we don't see a cop's car we will

speed up. It becomes tempting to break laws, and we feel courageous. Whenever anything is followed because of fear and greed, we will be waiting for the chance to break the rule. Kids saying 'no' to parents have a similar basis, and it makes them feel they've proved themselves. If morality is based on conscience, we will always do something to violate it, directly or indirectly.

May Existence bless us all to act out of consciousness.

20. Choose Joy Every Time!

If I tell you that you choose your worries, you will disbelieve me. But that is the truth!

Each one of us carries our personalized list of worries. Our worries are not the same as our neighbor's. Our worries are completely based on our perceptions and on our individual desires.

A small story:

One lady was moving to another place. She watched over the movers packing her household articles in preparation for her move. One man was handling her antique vase and she warned him, 'Please be careful; that is over a hundred years old.'

The man looked at her and said, 'Don't worry ma'am. I will handle it like it is brand new!'

Greed, pure greed, fuels many of our worries. All our worries stem from greed. Our actions also reflect the greed in us, greed for novelty, greed for what others have, greed for something new all the time. In this

story, both the lady and the man reflect the greed in us.

Greed drives us like nothing else can. If a neighbor has bought a new refrigerator, it increases the temperature in our kitchen! When a friend buys the latest model automobile, we immediately feel that our last year's model looks like a vintage car.

Our desires are plenty. When these desires are unfulfilled, we begin to worry. Our worries do not arise from a genuine need for what we pine for. We create and invent ourselves over and over again by comparing ourselves with others.

Desires by themselves, are not harmful. If our desires are deep and pure, they materialize. Such deep and genuine desires have the power. In fact, desire is energy.

We all have a problem here in that our desires are borrowed; they arise out of jealousy and greed. We develop the desires by comparing ourselves with others. These desires have no connection with our needs.

Ramana Maharishi, a realized master, explained the nature of desires with clarity: the universe can cater to the needs of every single inhabitant. However, it cannot fulfill the *wants* of even a single person. Needs are different from wants. Needs are basic. Wants are borrowed; borrowed from others after seeing what they have.

Look around. Everyone is traversing their own circuit of desires, worry or greed.

Look within. Listen with the heart in silence; that silence will transform you.

Bliss bubbles from within. That is our true nature; joy is our true state. Choose this joy every time. Choose to be within your heart. This is the path to eternal bliss ~ *Nithyananda*.

21. Move Beyond Wants

Why are we always behind one thing or the other? Not only do we want something, we are also in a hurry to get it.

When we are in a rush, we are running away from ourselves, our inner being. You will say, 'Swamiji, I have no desires. I only have needs.'

There is a huge difference between desire and need. How can we differentiate between the two?

Mahavira, the founder of Jainism, said that each being that takes birth in this world incarnates in the world with whatever is needed for its life. The universe has already provided for it. The universe never denies any creature the basic needs.

As stated earlier, the universe can supply the needs of all inhabitants of the planet, but not the wants of even one single person. Yet, we want. Not only do we want, we are also in a hurry to get it.

We are always comparing ourselves with our neighbors, colleagues, siblings and friends. We grab everything in our path ~ attention, time, energy ~ and still we are not satisfied.

We grab all the time. This has become a deeply engrained habit that we are no longer conscious of. We grab not because we need it but because we want it, out of greed, jealousy and lust. We grab, horde, acquire, possess, out of our fear.

Believe that the universe will provide for you. Trust the energy and intelligence of the universe.

All that the world gives is transient. That is the fate of everyone; nobody is spared.

A small story:

Towards the end of his life, Albert Einstein (an eminent Jew) was depressed and turned to spirituality. One of his assistants asked him what he would do if he were to live his life all over again.

Einstein said, 'I would like to become a plumber.'

Shocked, the assistant asked, 'Why would you want to be a plumber?'

Einstein said, 'All my life I have worked for and achieved whatever I wanted. But now I feel that my whole life has been a lie. I gave many truths to people but my life has become a lie. Now, I understand that my life has been wasted. From childhood I always wanted to be a plumber. I need to live my dream.'

22. Our Bodies are Beautiful!

Everything in our life has a simple equation. We want to know what we can get before we begin a task. 'What is in it for me' is the *mantra* of the modern age.

The truth is that no institution built by ordinary humans is above this consideration. Every one of us faces it or does it in one form or the other. Even marriage is entangled in this equation.

A modern marriage is more like a business relationship! Even before we enter marriage, we want an undertaking that the venture will not fail! We sign a prenuptial agreement which is more like a business contract.

Partners have mismatched concerns. One partner enters marriage solely for the emotional or financial security. The other needs material benefits from this relationship. Because of this, the trust between partners is totally absent. We may live in the same house, but not in the same home!

We continue to cling to our fantasies and visualization. We live in our mind, even in the past or the future. We do not even for a moment live in the present.

Let us drop all our imagination and dreams. When we do that, we are actually removing the lust. We are creating an awareness of ourselves and our partners: we are accepting the reality of our body and our partner's body.

We hide behind fantasies because we are ashamed of our body. In fact, we are more than ashamed. We reject it and this rejection manifests as various body pains and chronic skin diseases. This low self-esteem and disrespect to our body is a vicious cycle.

We want to be someone else ~ someone with a different body. We want to shape our body and dress like someone else and we stop staying in our own boundary because of this.

In fact, we do not even think of our whole body, because we are not comfortable with it. Whenever we hear our name we think only of our face; we do not

think of our whole body. When we copy someone else artificially, we can't accept ourselves completely and when we cannot accept ourselves, we can be beautiful but never graceful.

Grace exudes from within. Take time to watch your body after a bath. Watch it with love and feel comfortable. Our body oozes bliss all the time. Nurture this natural bliss and love your body and self. Then you will radiate a grace that transcends beauty. Then you will understand that your body is a beautiful gift from Existence to facilitate you to be a part of Existence itself.

23. Blink and Be in Bliss

We are constantly searching outside for answers. It is almost as if the answers to all our questions and problems can be found outside, somewhere, somehow.

How often have we succeeded in that search? Never. All our questions have answers from within. Listen to the voice within.

People often ask me this question, 'What is man's eternal quest?' I reply, 'Man's eternal quest is to find himself.'

Someone asked me, 'Are you God?' I said, 'I am not God. I am above that. God is your imagination. Self is real and superior.'

The person said, 'If I say that, they will send me to a lunatic asylum!'

A small story:

While Jawaharlal Nehru was the Prime Minister of India, he visited an asylum. There he met an inmate who thought he was Nehru. When Nehru introduced

himself to this inmate, the inmate came up close to him and whispered, 'Don't worry. That's what I too said when I came here. If you stay here for 6 months, they will cure you too!'

Such is the nature of the world. Even if God stands before them in human form or any other form, they will resist the idea. If I say that Self is superior, real, and our search should turn inwards, you will think, 'What is this man saying?'

The truth is: we are each alone. We are perfect as we express our true nature. In that state, no one is brighter, more perfect, or more beautiful than the other.

Try this simple exercise: when you are alone you normally try to relate mentally with others. Drop that. Do not blame others for your loneliness. Allow the loneliness to happen to you without resistance; you will then feel alone even when people surround you. To start with, you need to experience physical loneliness.

Once the joy of aloneness happens, it stays even when you are not physically alone. Aloneness requires we do

nothing. It is our reality. For material comforts, we need to work and struggle. Aloneness leads to Enlightenment.

A disciple asked a Zen master, 'How long does it take to become enlightened?'

The master said, 'Just the time it takes to blink your eye. You are already enlightened. You only need to declare it.'

The disciple asked, 'What happened when you became enlightened?'

The master replied, 'Nothing! I decided to live in my enlightened state from that day.'

So I tell you: just blink and be in bliss!

24. Let Go of your Crutches of Worries to Find Joy

A small story:

There lived a wise and compassionate king. All his subjects came to him for advice.

A woman came to him and complained that her husband ill-treated her because she could not have children. Another man grumbled that his children were greedy. They were after his wealth and ill-treating him.

A poor man petitioned the king for a money grant. He lamented saying how wretched it was to be poor. A rich man complained that he had no real friends. Every one he knew was nice to him only because of his wealth.

The king found that the same things: children, money, and health, induced people to worry and be sad.

The king hit upon a novel idea. He called his ministers and said, 'What if we open a Worry Exchange Offer? People can come and exchange their worries.'

A person who was unhappy without children could exchange his or her worry with another who was unhappy because he or she had children. A rich man who was unhappy could trade his worry with a poor man who needed money.

His ministers thought it was a brilliant idea. So the Worry Exchange Offer was inaugurated.

On the appointed day, all the king's subjects arrived at the Worry Exchange Offer area long before it opened. They stood around and talked, talked and talked. They all poured out all their worries. However, although the exchange stayed open until dusk, not one person came forward to barter or swap his own worry with another's worry.

The king was disappointed and inquired of his subjects, 'Why didn't any of you come forward to trade worries?

All of you thought that the Worry Exchange Offer was a brilliant idea.'

The subjects replied in one voice, 'We prefer to live with the worries we know, rather than exchange them for something that we do not know!'

Over time, worries become our crutches, our companions. We seek comfort in our worries and we feel lost without them. We need them to justify our behavior. We depend on them to lead our day-to-day life; worries become an extension of our personality.

The truth is, our worries have no meaning or purpose. If we allow ourselves to release our grip from worries and relax in the present, we can begin a wonderful spiritual journey inwards where there is no room for worries. Life will become so beautiful. And you will understand how much of life you missed because of the worries you were carrying with you.

The purpose of our life is to journey inwards and experience bliss. You just have to dare to do it!

25. Flow with Nature, Without Identity

We want to cling to the idea that we are somebody. This identity seems to keep us alive.

As long as we feel we are a separate entity, a unique individual, we want to hold on to that distinction. We believe that we have a distinct identity. However, it is here that we run into resistance. We resist ourselves!

Resistance happens in every sphere of our lives. There is no exception to this rule. It will happen wherever we begin to cling to the idea that we are somebody. It can happen at home or the office or workplace. It is a certainty. Actually, we are resisting every moment.

If we disappear into the collective consciousness, we are continuously protected. Always, again and again, we are taken care of.

We will attain complete success in all aspects of our life beyond the social and economic spheres. We will

experience fulfillment; a deep feeling and total satisfaction that is inexplicable.

When we resist the moment or impose the idea that we are individual, we are setting up to make a hellish experience for ourselves.

A small story:

A man was told that his wife had fallen into the river. He immediately jumped into the water to save her. The onlookers were astonished too see him swim against the current!

After the rescue, one person ventured to ask him, 'Why were you swimming against the current?'

The man replied, 'You don't know my wife. Even if she falls in the river, she will go only against the current. She resists everything.'

Understand that as long as we resist, as long as we do not disappear into the collective consciousness, we will be endlessly creating hell, not only for ourselves, but also for those around us. This is the truth. This truth

operates whether it is our workplace, home or any other place.

This is also the essence of Taoism, the ancient Chinese philosophy. Tao is all about flow ~ flowing with nature. Water is the greatest illustration of such a natural flow. It just flows about the landline, around obstacles, in a smooth and energetic fashion.

Be one with nature. Merge with it completely. Do not cling. Do not hold. Just let go.

26. Do We Wish to be Intelligent?

Most of us have no control over our mind.

We have heard people talk about it but we have only heard of it; we have never practiced it. We have never experienced it.

Control over the mind is one of the things we hear about. We wouldn't dream of practicing it. When we hear of something that is beyond the realm of our experience, we decide that the statement is wrong or that it is not for us.

Do outside events or thoughts from others influence an individual's mind and thought processes?

Let us examine this. If we are married, we know that our spouse can influence our thought process. It happens verbally when we converse; it can happen by body language.

Here is an example. You decide to attend a meditation camp. Let us say your spouse puts on a long face, but you decide to come anyway.

When in meditation, your thoughts are with your spouse. You will be meditating on the long face of your spouse. Even without his physical presence, your spouse influences your meditation. You are meditating on the energy of the spouse and the energy is negative.

Let us say that you decide to come for a 10-day meditation retreat. Your spouse has not said anything. There is no negative body language or verbal arguments in this matter.

Watch what happens when you are at the retreat and in a joyful mood. A thought of your spouse wriggles into your mind.

Your energy will change and your mood will transform. Your memory which is just a thought, triggers so many reactions in you. It lands you in a low energy field and negative mood.

This is real. Others can and do influence our mind. They need not express their thoughts and we need not meet the person physically. Even a memory can trigger this energy pattern.

Can we control the mind without allowing thoughts from outside to influence us?

Understand this. Our response is triggered by a pattern of thoughts. The best way to change this thought structure is to become aware. When we are aware of our thoughts, we can change the mood or habit: we can choose to be happy.

Human beings can make a conscious choice. We can decide whether we would like to live with intelligence or with our mind. Animals and non-living things do not have this choice. Only we do.

So be intelligent. Flood your life with awareness. Then every moment becomes a possibility to experience real happiness.

27. We all Need Attention but We Can Do Without Some!

We all love attention. We wish to be appreciated and attended to, but for the wrong reasons.

A small story:

Jane was a patient of depression. One day, when she was seated in the doctor's waiting room, a lady next to her started a chat.

During the conversation, Jane said that she was the mother of 12 children.

The lady exclaimed, 'Twelve children! And you look so young and beautiful!'

Jane felt she had gotten her doctor's prescription. She felt better instantly!

All she needed was that compliment!

Some years ago, Chicago University did an experiment to show how personality develops or

thrives on attention. Volunteers were chosen in groups. Groups were formed with people who were closely connected and interacted with one another on a daily basis.

They were all told to say a few things to one particular person John, at different times of the day at different places.

John, was all set to leave for work the following day. He was at the kitchen table eating breakfast when his wife exclaimed, 'Oh! My God! You look terrible! Are you sure you are well enough to go to work? I heard you coughing the whole night.'

Now, John did not think he had coughed in the night at all. However, he did not wish to start an argument in the morning. He replied curtly, 'Don't worry. I feel fine.'

He skipped breakfast, picked up his coffee mug and walked to the garage.

His neighbor, about to get into his car himself, looked at John and exclaimed, 'Hey John! What has happened to you? You don't look too good.'

John felt spooked. Still, he was sportive enough to drive to work. He rode the elevator to work and entered his office. His receptionist, instead of greeting him warmly as she usually did, cried out, 'John, you look terrible! You should have stayed home.'

John gave her a weak smile and walked into his cabin.

A while later, his boss called him in. As soon as he saw John he exclaimed, 'Good grief, John, you seem to have the flu or something. You don't look good at all. I don't want you giving it to others. Go home now and rest; that's an order.'

John went home thoroughly confused. His wife opened the door and touched his forehead. She discovered he had a raging fever! He had actually developed fever just out of the negative attention he got since morning from all those people.

People can get ill through negative attention. Similarly, people can get better with positive attention like in the earlier story. Pain is our body's cry for attention. So the next time you have pain in any part

of your body, focus on that pain with awareness. Give it all your attention. The pain will vanish.

Attention is energy. Use it with awareness.

28. Be Alone and Shed your Ego!

Aloneness is the nature of man.

It is the original state of the Being. Even before birth, the Being is alone, blissful and peaceful. That is the happiest moment of the Being's existence. Throughout our life, even as we live, grow, and die in society, we are essentially alone.

'I am the thread among the beads', says Krishna in the Bhagavad Gita. The beads are the incidents in our life. Aloneness is the thread. Aloneness is the Self.

Everyone says: long ago, according to the records of all cultures and religions, there was a time when joy and peace reigned. I tell you: this is not real. This is the impression of one's life in the womb. This is the impression of the peace that was there in the aloneness inside the mother's womb. Scientists say that even the quest for enlightenment is the imprint of the life in the mother's womb.

About 6000 years ago, Mesopotamians wrote, 'It is now the age of sin. Morality is bad; children don't listen to parents; wives don't respect husbands. The Vedas, composed 5000 years ago say, 'This is the Kali Age. Everything is sinful.'

Just imagine! And we all think that the past was golden. These are memories of the golden past that the Being yearns for. Memories erupt during man's search for aloneness.

Our mind cannot live alone; it can only flourish in relationship. Mind, ego, and personality are alive only in the relationships we build in society.

Our individuality is aloneness; that is our nature. Our personality on the other hand, is societal. What others think about us, what we have earned, what comforts we enjoy, are all a part of our personality. Personality is the title given to us by society. It is our personality that feels lonely.

Personality is external. Individuality is internal. Individuality is what we naturally are and we nurture our personality at the cost of our individuality.

The cry of individuality, heard above the clamor of our personality, is expressed as the pain of our loneliness.

Attention, good or bad, is the food for personality. Whether positive or negative, we crave for attention. We seek, demand, and beg for attention. When we are alone, there is no one to praise or blame us.

When we start realizing that we are not our personality, we feel alone and shaken. We are afraid to realize that we are more than just a husband or a doctor; that these are just parts of our total being.

When we start losing our ego, a defining moment in our lives has happened. Allow it to happen and expand in it. You will find permanent happiness in your life.

29. Truth Makes you Fly

A lie, however skillfully dressed up cosmetically, is not the truth. We distort facts to make them appear as the truth and we state facts with many connotations.

A small story:

In the great Indian epic, the Mahabharata, during the 18-day war, General Drona was causing havoc in the Pandava army.

Krishna knew that Drona could not be removed as long as he concentrated well on the war. The only way to weaken his concentration was to talk disturbingly about his son Ashwattama. Drona was not attached to anything or anyone except his son.

Krishna had a simple strategy. On the battlefield, Krishna wanted someone to tell Drona that his son was dead. Krishna was aware that Drona would not easily believe that his son was dead. So he decided that Yudhishtira, the eldest Pandava prince, known never to speak a lie, would be the best person to announce Ashwattama's death.

Yudhishtira was truthful and known as the King of Righteousness; he had never uttered a lie. Krishna asked Yudhishtira to lie to Drona. Yudhishtira said, 'No! Aswattama is alive. I cannot lie.'

Krishna said, 'Your brother Bhima will kill an elephant named Ashwattama. You tell Drona that Ashwattama, the elephant, died. As you utter the words, 'the elephant', I shall blow my conch and drown your words. You won't be lying, and the job will be done.'

Yudhishtira agreed hesitatingly. He did as Krishna told him to. The conch was blown exactly at the right moment and Drona fell prey to the plan. He laid down his arms and was killed by the Pandava warriors.

It is said that Yudhishtira used to walk above the earth, free from its bondage, because of his truthful nature. Even the chariot he rode did not tread the ground. Now, this is not to be taken literally. When we are in ecstasy, in bliss, we feel weightless, as if we were flying.

Physically, Yudhishtira walked on the ground but he felt so light, as if he were flying because of his virtuous

nature. It is a feeling of total consciousness, of being beyond boundaries.

The moment Yudhishtira uttered the fact about Ashwattama's death, it is said that his feet touched the earth. His chariot, which had flown above the ground until then, touched the ground.

Yudhishtira lost the state of being beyond boundaries and steeped in consciousness, when he touched the ground. His honesty and truth were lost.

In this story, Krishna, the Lord and master, was the master planner and so whatever happened can never be condemned.

What is illustrated through this story is the power of speaking the Truth; the state of Yudhishtira as the one who never spoke a lie. This is what is illustrated through this.

Speak the truth without dressing it up. Say it gently, softly, and in a manner that it does not hurt the other person. Speak the truth every time. It is profound.

When you do this without wavering from it, you will be rewarded in the ultimate possible way in your life.

30. Spirituality Begins where Science Ends!

We live in the age of Science. Some of us equate Science to the truth. We assume that spirituality and Science are poles apart, but we are totally, completely, wrong.

Spirituality begins where Science ends. Science cannot explain the ever-growing, never-aging universe. Spirituality can. Scientists are now coming to understand and speak the language of the ancient sages of the East.

For instance, we now know that there is no vacuum in space. Spiritual masters have always claimed that ether is present in vacuum. Ether is a form of energy. The scientists too are coming to accept that ether is matter. It can be measured and handled.

First, scientists have to understand spiritual truths that underly the entire creation. Vacuum is not the absence of matter. It is the absence of certain parts of matter.

There are 5 elements in nature: earth, water, fire, air, and ether. Vacuum is the absence of 4 of these elements: earth, water, fire and air. That's all. It is not the absence of matter.

Science and spirituality are beginning to see eye to eye. According to scientists, vacuum is energy, and vacuum is not the absence of matter.

According to our ancient spiritual masters, energy and vacuum are one and the same. The entire universe is filled with this energy.

We can all become one with this energy of collective consciousness. We can also call this energy, God. Realization of this energy in our body is enlightenment.

An enlightened person is always happy, in tremendous ecstasy 24 hours, 365 days a year. The word 'ecstasy' is not enough to describe this bliss.

Scientists are exploring the biological basis for this bliss. Whenever we experience pleasure, our system

releases dopamine (a bliss chemical produced in the brain). Neurologists have identified the 'D-spot' in our brain ~ a place that is responsible for the release of dopamine. When dopamine is released, our body is flooded with enormous energy.

A team of scientists at Oklahoma University recorded dopamine continually in my system when I entered into a meditative state.

They also studied the brain waves in my meditation. To their astonishment, the moment my eyes closed, there was no brain activity. The team struggled to ensure that I was alive! Science has to catch up with spirituality.

Meditation gives tremendous power and peace. Meditate everyday.

About Paramahansa Nithyananda

Paramahansa Nithyananda is an enlightened master living amidst us today. With a worldwide movement for meditation and inner bliss, Nithyananda offers solutions for situations as practical as every day stress to the quest for something as profound as enlightenment. He left home at a young age and traveled the length and breadth of India, visiting holy shrines and associating himself with spiritual masters and mystics. He realized his intrinsic knowledge through the paths of meditation, yoga, tantra, knowledge, devotion and other Eastern metaphysical sciences. With an enlightened insight into the core of human nature, Nithyananda has defined his mission for humanity at large. Rooted in the ancient tradition of living enlightenment, and embracing all world religions as



sacred and unique, Nithyananda draws people from around the globe, crossing all societal, cultural, language, age and gender barriers.

About Nithyananda Mission

Nithyananda Mission is a worldwide movement for spreading meditation and inner bliss. The services provided by the organization include • meditation • yoga • corporate leadership programs • free energy healing through the *Nithya Spiritual Healing system* • free education to youth • promoting art and culture • *satsangs* (spiritual gatherings) • free medical camps and eye surgeries • free meals at all ashrams worldwide • a holistic system of education for children through the ashram *gurukul* and a host of specially designed meditation programs.

Programs Offered by Nithyananda Mission

Inner Awakening

Inner Awakening is a 21-day ‘master’ program that is intensely transformative. It is designed to reproduce

all the components of *jeevan mukti* or 'Living Enlightenment' in every individual and brings about an irreversible alchemy of moving from the mundane to the Divine.

Life Bliss Engineering (LBE)

LBE is a 90-day residential program to experience the intense and transformative power of being in an enlightened master's presence. Conducted at the Bengaluru ashram in India, it takes you to the depths of your being through yoga, meditation and a wide range of multifarious activities and helps you to awaken your innate peak potential. It is a lifetime opportunity to learn directly from a living enlightened master, to engineer your very body and mind for enlightened living.

Kalpataru

A one-day meditation program that sows in you the seed of Living Enlightenment. This program empowers you with the energy to **align your actions with your intentions** so you move with outer world success and inner bliss.

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Make the energy flow!

In our day-to-day lives, we are busy living in the past, or the future. We are not presently available to our bodies. When we are not present, the energy flow inside our system can't happen totally and properly.

Energy flow is far deeper than blood flow. It is like this: if our presence is there, the energy flow will be there. If our presence is not there, then the energy flow will not be there.

If the energy flow is perfect, our intelligence will be perfect. We will have the ability to respond spontaneously to situations.

Discover how to build attention. Learn to create awareness. Awareness transforms everything. Just become aware and harvest the marvelous rewards of energy.



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